



# **Your Happiness Is In Your Hands: Everything you'll need to know about achieving it. (Your guide to meditation, fitness and spiritual fulfillment)**

*Sara Wellington*

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**Your Happiness Is In Your Hands: Everything you'll need to know about achieving it. (Your guide to meditation, fitness and spiritual fulfillment)** Sara Wellington

Sara Wellington is the author of several self help books and is a motivational consultant. She strongly believes we are the ones who can shape and mold the life we desire. None other but you hold the power to write your own destiny.

Now in the days of internet, fast connection and close space living, it is easy to feel mentally, physically and spiritually compressed and depressed.

In this book *Your Happiness Is In Your Hands*, Sara Wellington will show you the principles of Happiness, method of meditation to help achieve calmness and peace, advice on simple fitness you can do and the power to believe in yourself.

Omar Khayyam On Happiness: “Be happy for this moment. This moment is your life.”

Ajahn Amaro on Meditation: ‘If you have time to breathe you have time to meditate. You breathe when you walk. You breathe when you stand. You breathe when you lie down.’

John F. Kennedy on Fitness: ‘Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.’

Rhonda Byrne on Law Of Attraction: ‘Every single second is an opportunity to change your life, because in any moment you can change the way you feel.’

Find inspiration and insights to help you and those that you care to start your journey towards happiness and fulfillment. It is never too late to take hold of your life right now and transform into your true destiny of happiness and spiritual fulfillment.

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